



What is a HEALTHY DIET ?

A healthy diet means eating nutritious and wholesome foods in balanced amounts.

This includes:

- Not too much nor too little food.
- Not too much fat and sugar.
- Not too much salt.
- Adequate carbohydrates, fibre and protein.

What ingredients make a Healthy Diet?

- Carbohydrates and fibre such as wholegrain breads, high fibre cereals, wholemeal pasta, oats, brown rice, legumes (e.g. lentils), fruit and vegetables.
- Proteins such as beans, legumes (e.g. lentils), lean meats, poultry (with skin removed), fish and low fat dairy products.

These foods supply you with energy and adequate vitamins and minerals.

What foods should be limited?

- Too much fat as cream, butter/margarine, fried foods and many take-aways.
- Too much sugar as lollies, chocolates, cakes, pastries, soft drinks and cordials.
- Too much alcohol.

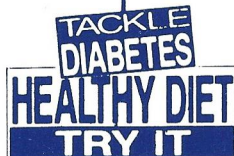
What are the benefits of a Healthy Diet?

- To keep fit and well.
- To keep alert and active.
- To prevent illness.

Where is there more Diabetes Information?

Diabetes Australia - Victoria
3rd Floor, 100 Collins Street,
Melbourne Vic 3000

Phone (03) 654 8777 or country callers (toll free) 008 015 115



Where is there more Information about Vic Health - Phone (03) 347 3777

HEALTHY DIET — TRY IT

AUSTRALIAN WOMEN'S SOCCER ASSOCIATION

National Junior Championships BENDIGO - 1993



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... from the AWSA President

I am very pleased to provide this forward to the Junior Championship 1993 Booklet, particularly because the Bendigo Association is hosting the Championships on behalf of the Victorian Women's Soccer Association. In the same way as our Junior Championships provide the talent for our future National Teams, so our district associations are an enormous source of football and administrative talent.

I would like to congratulate all those involved with the planning and running of the Championships, not only because of the work that has gone into this but also because you represent one of sports most valuable assets - volunteers. As a country, we are renowned for being able to provide an amazing array of sporting opportunity to young Australians. This would simply not be possible without the Volunteer Army. I would similarly like to thank referees, coaches, managers and other team officials for taking their place on the front lines!

To all those participating, can I offer you my best wishes for the Championships. I hope you play to your potential and enjoy the experience of representing your State. You should be proud of that achievement. For those among you who will achieve even greater honour, I ask that you set 2 goals, the World Championships in 1999 and the Olympic Games in 2000. I expect that our national team will be involved in both. Good luck!

Dennis O'Brien
AWSA President



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... from the V.W.S.A. President

On behalf of the Victorian Womens Soccer Association I would like to welcome all players, officials and spectators to Bendigo for the 1993 "Health Diet - Try It" A.W.S.A. National Junior Championships.

It is most pleasing that for the first time eight member states are represented in this highly competitive competition; couple this with the continued de-centralization of these games and I believe that we are all contributing to showing the highly organised and progressive nature of our sport.

To all players selected to participate in this tournament, I offer our congratulations and wish you the best of luck as you endeavour to not only win this tournament, but also impress our new National Junior Coach, Clive MacKillop, as he selects the Talent Identification Squad to attend the A.I.S Camp early next year.

The organization of these tournaments is never an easy job and for their exceptional assistance and support I would like to offer my sincere thanks to the following people:

- The Bendigo Amateur Soccer League, in particular our tireless Carnival Organizer Loris Browning.
- The Victorian Health Promotion Foundation.
- Chris Tice and staff at Diabetes Aust. - Vic.
- The V.W.S.A. Executive Committee.
- The Staff at Strathfieldsaye Sports Club.
- All the referees who have volunteered their time.

I trust you all will enjoy a week of enjoyable, injury-free soccer, the hospitality of the people of Bendigo and the opportunity to make new friends or re-establish past friendships.

Have fun and Good Luck.

Jason Hoar





...from the Executive Director

Hosting the 12th National Junior Championships in Bendigo, the Victorian Women's Soccer Association is showing a commitment to developing soccer in the country regions. It is good to see the amount of development that is occurring in women's soccer throughout Australia.

With the growing emphasis on soccer in the schools, the impact of State and National development programs and the extensive club programs available, we are seeing the rapid development of the game in this Country.

This years championship is greatly enhanced by the representation of a team from Western Australia for the first time ever. Having eight States represented indicates the popularity that women's soccer is currently experiencing. I wish the team from Western Australia well in their endeavours in the competition.

Selection of a National Squad will be made at the completion of these Championships by the newly appointed National Junior Coach, Clive McKillop. Those players selected in this squad will be invited into a National Training Camp early in 1994.

I would like to thank Loris Browning and the Officials from the Bendigo Amateur Soccer League for their work in preparing these Championships, and wish all the teams good luck for the Tournament. I hope that everyone has a most rewarding and enjoyable week.

Paul Turner



...from the B.A.S.L. President

On behalf of the Bendigo Amateur Soccer League I would like to welcome you to Bendigo. As a League we were pleased to be chosen to host these Championships and we hope your visit to Central Victoria will be both successful and memorable.

Bendigo is in the centre of Victoria and there are many attractions within easy travelling distance of the City.

The Championship games are being played at the Strathfieldsaye Sports Complex some 8 kms east of the city on the road to Lake Eppalock. This is a relatively new facility and we hope the venue will meet your expectations.

As a League we have assigned each State Association to one of our member clubs who will be providing you with training facilities close to your accommodation. If you require further assistance in any matter please feel free to contact our representatives at any time. We wish your stay to be as hassle free as possible and we are committed to this event being a success.

Finally, whatever the results of your games, we hope your time in Bendigo will be an enjoyable one.

Alan Lassey



... your Hosts and Officials

Carnival Organiser:

- LORIS BROWNING

A.W.S.A. Board

President:	DENNIS O'BRIEN
Vice President:	PETA WINZAR
Director of Finance:	ELAINE WATSON
Director of Marketing:	LISA DAVIS
Director of Development:	JASON HOAR
National Exec. Director:	PAUL TURNER
Administration/Develop.:	KIM DICKSON

V.W.S.A. Executive:

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Vice. President:	PETER ATHANASIADIS
Treasurer:	LISA DAVIS
Competition Off.:	BETTY HOAR
Development Off.:	JANE OAKLEY
Public Off.:	GEORGE ATHANASIADIS
Rep. Sq. Co-Ord.:	NICKY AZZATO

B.A.S.L. Executive:

President:	ALAN LASSEY
Deputy President:	MEL McGOVERN
Secretary:	JIM ANDERSON
Treasurer:	TERRY GORMLEY
and their Committee	

STATE ASSOCIATIONS

ACT Women's Soccer Association Incorporated
 New South Wales Soccer Federation Limited
 Northern New South Wales Women's Soccer Federation Incorporated
 Northern Territory Women's Soccer Federation Incorporated
 South Australian Women's Soccer Association Incorporated
 Tasmanian Women's Soccer Federation Incorporated
 Victorian Women's Soccer Association Incorporated
 Western Australian Women's Soccer Association Incorporated
 Womens's Soccer Queensland Incorporated

LIFE MEMBERS

Elaine Watson - 16.8.1981	Irene Sneyd* - 5.9.1984
Betty Hoar - 10.9.1986	Jim Selby - 10.9.1986
Stephanie Quinn - 15.9.1991	

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★ PANTHEON, OAKLEIGH	Ph: 569 6399
★ VIDEO FLASH, ALBERT PARK	Ph: 690 1628
★ VIDEO FLASH, YARRAVILLE	Ph: 689 3344



... Championship Rules

1. The Australian Championships are open to teams representing single State Associations which are affiliated with the A.W.S.A.
2. All players taking part in this tournament must be registered as players by 31 August with Associations affiliated to the State Association they represent. In the case of underage titles, players must be of the stipulated age at 1 August in the year of competition, 15 years and under for Junior and 18 years and under for Youth.
3. This tournament adopts the Laws of the Game as contained in the Referees Chart and Players Guide to the Laws of the Game (current edition) as published by the Football Association (England) and as modified by these Playing Rules.
4. A size 5 ball shall be used in all games.
5. Duration of games shall be 2 x 35 minute halves, with a half time period of not less than 5 minutes and no more than 10 minutes. Starting times for matches on all days should be scheduled at least 90 minutes apart. Injury time may be allowed at the referee's discretion.
6. Teams will consist of no more than 18 players and 4 officials.
7. Three substitutes may be used at any time during the game.
8. Should a team bring 18 players to a championship then they will be allowed to list 7 reserves on the team sheet but only 3 of whom may be used in any one game.
9. Each participating State Association is required, wherever possible, to have a second strip in case of colour clash.
10. Should there be a colour clash then the AWAY team will be required to change their strip.
11. Points shall be awarded on the following basis: win (2), draw (1) and loss (0).
12. Each team will play in accordance with the approved championship format and keys (as detailed in the Regulations).
13. If only 4 teams participate in a championship, then the leaders at the end of the first round robin will be declared winners of the Association Trophy, and the leaders at the end of both round robins shall be declared Champions. The game on Day 7 shall be a feature game only - ie Select 11 v Invitational 11 or similar.
14. In championships where 5 or more teams compete, then the leading team after Day 6 will receive the Association Trophy and the game on Day 7 will be played between the 2 teams leading the points table to decide the Championship.
- 15a. Should the Championship Final be a draw at full time then there will be a five minute break followed by extra time of 2 x 10 minutes. If the result is still a draw after extra time then penalty kicks (as per FIFA regulations) shall be taken to determine the winner.
- 15b. In the event of a Final being cancelled or abandoned, with the approval of the AWSA members present, the winners of the Association Trophy shall be declared the Championship winners.

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... Championship Rules

- 16b. In the event of teams being equal on points at the end of the preliminary rounds then goal difference will decide the order of finish. If goal difference is the same, then the team with most wins will be placed higher in the championship table. Should the number of wins be equal then the team which has scored the most goals will be placed higher. If goals scored are equal, they will be declared joint placegetters.
- 16b. In the event that two teams are absolutely equal in second place at the end of the preliminary rounds, these teams will compete in a playoff match at a mutually agreed time before the scheduled Final. The playoff will consist of 2x20 min halves with penalty kicks to determine the winner if the score is drawn at full time.
17. If for any reason a State reports that it cannot field a team on a certain day during the tournament, then the opposing team shall be awarded two goals and two points.
18. Neutral referees shall be used wherever possible. All State Associations will be expected to nominate a referee to attend each Championship.
19. Trophies and medals for winners and runners-up are to be supplied by the AWSA. Perpetual trophies remain the property of the AWSA. No individual trophies (ie. Best and Fairest, Leading Goal Scorer) shall be awarded. The maximum number of trophies/ medals provided shall be 22 per State.
20. Players shirt numbers are to remain constant throughout the tournament. Any alterations to the printed program must be notified to the organisers prior to the first game.
21. After receiving three yellow cards during the tournament, a player must be automatically suspended for one match.
22. Any player given a red card shall be automatically suspended for one match. Should the chair of the Judiciary Committee decide that the offence may warrant a longer suspension then the matter may be dealt with by the Judiciary Committee.
23. Any suspension imposed under Rules 21 and 22 shall be for championship games only and can be carried forward if necessary to the next championship.
24. Any player suspended under Rules 21 and 22 shall
 - a. not wear the team strip;
 - b. not sit on the team bench; and
 - c. not be listed on the matchcardfor the match that she has received the suspension.

WINROOK P/L

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... Tournament Timetable

Saturday, 3rd July	7.00 p.m. Coach and Manager's Meeting, Strathfieldsaye Sports Club
Sunday, 7th July	9.00 a.m. Teams Assemble & Photos commence 9.30 a.m. Teams enter field National Anthem Introductions Official Opening - Hon. Michael John, M.L.A. 10.30 a.m. First Game Kicks-Off
Monday, 5th July	10.00 a.m. Games (as per program) 5.00 p.m. Civic Reception - Council Chambers, Shire of Strathfieldsaye
Tuesday, 6th July	10.00 a.m. Games (as per program)
Wednesday, 7th July	10.00 a.m. Games (as per program)
Thursday, 8th July	10.00 a.m. Games (as per program)
Friday, 9th July	10.00 a.m. Games (as per program)
Saturday, 10th July	1.00 p.m. FINAL 1 v. 2 6.30 p.m. Presentation Night Strathdale Community Hall, Crook Street, Strathdale.

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Haircutters

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535 Burke Road
HAWTHORN 3123



... Match Program

Sunday 4th July.

OPENING CEREMONY

10.30 a.m. VIC v. A.C.T.
12.00 noon S.A. v. W.A.
1.30 p.m. N.S.W. v. QLD.
3.00 p.m. TAS v. NNSW

Tuesday 6th July.

10.00 a.m. S.A. v. NNSW
11.30 a.m. QLD v. W.A.
1.00 p.m. TAS v. VIC
2.30 p.m. NSW v. A.C.T.

Thursday 8th July.

10.00 a.m. NSW v. TAS
11.30 a.m. S.A. v. VIC
1.00 p.m. NNSW v. W.A.
2.30 p.m. QLD v. A.C.T.

Monday 5th July

10.00 a.m. QLD. v. S.A.
11.30 a.m. NNSW v. N.S.W.
1.00 p.m. A.C.T. v. TAS
2.30 p.m. W.A. v. VIC

Wednesday 7th July

10.00 a.m. W.A. v. TAS
11.30 a.m. VIC v. NSW
1.00 p.m. A.C.T. v. S.A.
2.30 p.m. NNSW v. QLD

Friday 9th July

10.00 a.m. S.A. v. NSW
11.30 a.m. QLD v. TAS
1.00 p.m. A.C.T. v. W.A.
2.30 p.m. NNSW v. VIC

SATURDAY 10th JULY

1.00 p.m. FINAL 1st v 2nd



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... Championship Table

	ACT	NSW	NNSW	QLD	SA	TAS	VIC	WA	F	A	PTS
ACT											
NSW											
NNS											
QLD											
SA											
TAS											
VIC											
WA											

PLACES:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

FINAL:

WINNER:

RUNNER-UP:



South Melbourne Hellas Soccer Club

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"HEALTHY DIET-TRY IT"
National Junior Championships
— Bendigo 1993

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... Victorian Profile

VICTORIA

TEAM COLOURS:
Navy Blue and White

COACH:
DEBBIE NICHOLS

MANAGER:
SANDIE SUMMERS

ASSISTANT COACH:
TRACEY HOAR

No.	Name	Team
1.	Joanne Georgakakis	South Melbourne
2.	Sarah Poyser	Spring Gully (Bendigo)
3.	Angela Fresch	South Melbourne
4.	Tiffany Vanlangevelde	Ballarat
5.	Belinda Godfrey	Melton
6.	Toula Georgiadis	Heidelberg
7.	Belinda Powell	Heidelberg
8.	Lana Branagan	Melton
9.	Celise Paxton	North Glenroy
10.	Joanne Satler (c)	North Glenroy
11.	Michelle Fuller (vc)	Melton
12.	Hannah Blythe	Spring Gully (Bendigo)
13.	Jenny Noonan	Golden City (Bendigo)
14.	Kate Golowka	Melton
15.	Roxanne Leed	Creswick (Ballarat)
17/18	Narelle Dew	Creswick (Ballarat)



... A.C.T. Profile

A.C.T.

TEAM COLOURS:
Royal Blue and Gold

COACH:
PETA WINZAR

MANAGER
MARGARET TAYLOR

No.	Name	Team
2.	Caron Regulski	Wodonga Diamonds
GK/3.	Melissa De Ryck (vc)	Canberra City
4.	Kristy Fattore	Tuggeranong United
5.	Elissa Muench	Tuggeranong United
6.	Heather Bodman	Albury United
7.	Amy Taylor	Tuggeranong United
8.	Denise Edlington (c)	Tuggeranong United
9.	Amy Smallpage	Melrose Park Rangers
10.	Hannah Harris	Tuggeranong United
11.	Amy Wilson	Canberra City
12.	Leanne Billington	Belconnen United
13.	Sarah Steele	Tuggeranong United
14.	Jacquelyn Monk	Belconnen United
15.	Naomi Brown	Twin City Wanderers
16.	Karen Walker	Tuggeranong United
GK/17	Priscilla Richter	Melrose Park Rangers



... Northern N.S.W. Profile

NORTHERN N.S.W.

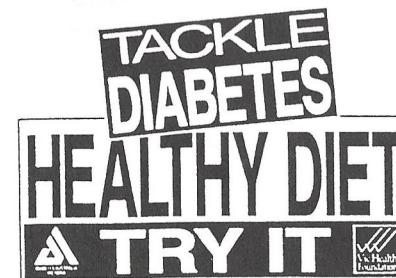
TEAM COLOURS:
Red, White and Black

COACH:
JOHN CABAN

MANAGERESS:
DIANE CABAN

COACH:
STEVEN SCREEN

1. Melissa Stuart	Central Coast
2. Natalie Alderman	Far North Coast
3. Lisa Casagrande	Far North Coast
4. Kellyann Digby	Newcastle
5. Kristina Dugomanov	Newcastle
6. Dannelle Exton	Central Coast
7. Kristy Higham	Macquarie
8. Kirsty Marks	Central Coast
9. Elisha Maxwell-Coghlan	Central Coast
10. Michelle O'Connor	Central Coast
11. Jodie Randall	Newcastle
12. Nicole Sinclair	Far North Coast
13. Danielle Small	Macquarie
14. Torie Trowbridge	Macquarie
15. Felicity Tulk	Central Coast
16. Vanessa Williams	Central Coast





... New South Wales Profile

NEW SOUTH WALES

COLOURS:

Navy/Sky Blue

COACH:

Mr KELLY CROSS

MANAGERESS:

Mrs LESLEY WARD

- | | |
|-------------------------|--------------------|
| 1. Claire O'Neill | Bexley North |
| 2. Danielle Coonerty | |
| 3. Hayley Phillips | Prospect |
| 4. Kristy-Ann Small | |
| 5. Joanne Peters | Sydney Olympic |
| 6. Bridget Harries | Sutherland |
| 7. Bronwyn Boland | Gladesville Ravens |
| 8. Kristen Spinner | Marconi |
| 9. Alisa Winner | Winston Hills |
| 10. Leanda Jamsek | Liverpool City |
| 11. Michelle McLaughlin | Mt. Druitt |
| 12. Debbie Tait | Sydney Olympic |
| 13. Sandra Stavrou | Belmore |
| 14. Stephanie Hatcher | Gladesville Ravens |
| 15. Rebecca Hall | Gladesville Ravens |
| 16. Sonya Bogdanek | Belmore |
| 17. Taryn Rockall | Gladesville Ravens |
| 18. Vicky Fatouroa | Belmore Hercules |



... Queensland Profile

QUEENSLAND

TEAM COLOURS:

Maroon and White

COACH:

GRAHAM JOHNSTON

MANAGERESS:

DESERIE HARDY

TRAINER:

ALISON BAKER

No. Name

Team

- | | |
|-----------------------|--------------------------------|
| 1. Sarah Chatburn | Sunshine Coast |
| 2. Diann Ashton | Brisbane South |
| 3. Melissa O'Loughlin | Sunshine Coast |
| 4. Clare O'Driscoll | Sunshine Coast |
| 5. Catherine Roncato | North Queensland |
| 6. Bronwyn Duce | Brisbane South |
| 7. Kelly Polakow | Brisbane South |
| 8. Kelly Lanagan | Toowoomba |
| 9. Bryony Duus | Brisbane South |
| 10. Kelly Russell | Northstar |
| 11. April Mann | Brisbane South |
| 12. Sarah Garven | Brisbane North |
| 13. Anna Petersen | Brisbane North |
| 14. Brooke Short | Brisbane South |
| 15. Leesa Polakow | Brisbane South |
| 16. Lindsay Whiddett | Gold Coast |
| 17. Angela Warwick | Central Queensland |
| 18. Angela Geurts | Sunshine Coast
(2nd keeper) |



... South Australia Profile

SOUTH AUSTRALIA

TEAM COLOURS:
Royal Blue - Red & Yellow

COACH:
WENDY CARTER

MANAGERESS:
LINDA GRIFFITHS

No.	Name	Team
1.	Rebecca Jamieson	Sturt Marion
2.	Carly Neilson	Sturt Marion
3.	Liz Harmer	Seaford
4.	Dianne Alagich	Sturt Marion
5.	Deb Massey	Seaford
6.	Lisa Stewart	Seaford
7.	Claire Siggery	Seaford
8.	Cherie Foster	Seaford
9.	Sarah Atkinson	Modbury Vista
10.	Lynn White	Sturt Marion
11.	Jessica Halfpenny	Sturt Marion
12.	Marissa Shields	Gawler
13.	Nicole McArdle	Seaford
14.	Stacey Beddows	Seaford
15.	Danielle Proud	Modbury Vista
16.	Natalie Downes	Seaford



... Tasmania Profile

TASMANIA

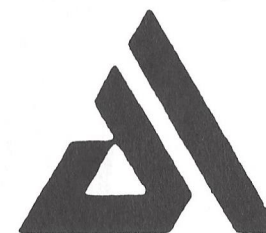
TEAM COLOURS:
Green, Yellow, Red trim

COACH:
GLEN JENKINS

MANAGERESS:
MICHELLE BRADLEY

ASST. COACH:
VINCE GRIMES

No.	Name	Team
1.	Chantelle Pearce	Calies
2.	Anneli Binns	Kingborough
3.	Jenny Caryle	Juventus
4.	Zelinda Duta	Kingborough
5.	Ceinwen Rataj	Devonport
6.	Amanda Webb	Devonport
7.	Zoe Nolan	Kingborough
8.	Leah Genovise	Kingborough
9.	Brook Browning	Kingborough
10.	Naomi Denne	Calies
11.	Jenna Mauger	Kingborough
12.	Kelly Rourke	Calies
13.	Elizabeth Ratcliffe	Southern Raiders
14.	Jo Franklin-Paddock	Juventus
15.	Stacey Brown	Kingborough
16.	Rachel Speare	Kingborough
17.	Alison Foley	Juventus
18.	Ariene Brooks	Juventus/North





... W. A. Profile

WESTERN AUSTRALIA

TEAM COLOURS:

Black and Yellow

COACH:

PHIL CAMPHOR

MANAGER:

KERRY SMITH

No. Name

1. Candice McMinn
2. Karen Eason
3. Miranda Wood
4. Jessine Bonzas
5. Cathy Young
6. Debra Gorton
7. Tal Karp
8. Rachel Mander
9. Belinda Hobson
10. Arianne Missikos
11. Danniella Papagno
12. Kylie Thomas
13. Michelle Jackman
14. Lara Lamacchia

Team

Forrestfield
Inglewood Kiev
Inglewood Kiev
Morley Windmills
Morley Windmills
Forrestfield
Inglewood Kiev
Inglewood Kiev
Rockingham
Balcatta Etna
Curtin
Morley Windmills
Kingsley
Curtin



... Record of Participation

YEAR	AGE	VENUE	TEAMS AND	R/UP	FIRST
1982	U/15	Melbourne	SQld, VIC	NSW	NNSW
1983	U/15	Canberra	SQld, VIC, ACT	NNSW	NSW
1984	U/15	Newcastle	SQld, VIC, ACT	NNSW	NSW
1985	U/15	Hobart	SQld, VIC, ACT, TAS	NNSW	NSW
1986	U/15	Sydney	NNSW, TAS	SQld	NSW
1987	U/15	Brisbane	SQld, NNSW	TAS	NSW
1988	U/16	Melbourne	VIC, ACT, TAS, NNSW	SQld	NSW
1989	U/16	Adelaide	SA, SQld, NNSW, VIC	ACT	NSW
1990	U/16	Brisbane	SA, NNSW, ACT	SQld	NSW
1991	U/16	Woy Woy	ACT, SA, NNSW, TAS, VIC	NSW	SQld
1992	U/16	Renmark	ACT, NNSW, Qld, TAS, VIC	SA	NSW





... Autographs